## **Think About These Things**

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"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of peace will be with you." (Philippians 4:8-9)

This past week I had the opportunity to look at Gallup's Strength Finder report and that of others. Of the 29 other Chaplains I am in course with none of us were exactly the same! We are uniquely made and that is good. As a combined arms team we must recognize our differences and realize that it is strength, not a weakness. We must encourage and develop those around regardless of rank, race, religion, or color.

Our resiliency must be developed, yet we also need to realize that we cannot do it all on our own, knowing our weaknesses or moments when events have overwhelmed our ability to handle a situation is also crucial. I need you to help me when I am weak; I need to trust that God is with me, so do you. Do you have people around you that you can trust? Who help to make you better? Who can tactfully tell you what you need to hear, not what you want to hear? Are you one of those people?

The other piece of this process is what we consume with our eyes and ears. There is a huge volume of false beliefs in how we treat others and how we seek help. The words in the opening paragraph call us to focus on items that are true, noble, right, pure, lovely, admirable, excellent and praiseworthy. Think about these things! At your civilian jobs, during Drill weekends and especially among our families.

My wife and I reached the thirty year milestone in our marriage last month and the emphasis on the good, the forgiveness toward each other and the nurture of others have brought us to this point. Together we can do so much more.